

2023 Tough Track Open

Date: Saturday, May 27, 2023

Sanction: Athletics Manitoba

Host : **Tough Track Club**

Venue: University of Manitoba Stadium

Entries: **1)** All participants must be a member of Athletics Manitoba, or Provincial Association recognized by Athletics Canada

2) Entry Fees

\$10 .00 per individual event

\$15.00 for relays

**** All entries must be paid for online ****

3) Entry Deadline: Tuesday May 23 2023 by 11:59pm

Please ensure that your entries are in on time. It will allow us to get the schedule out as soon as possible.

4) Entries must be done online using TrackieReg.com.

<https://www.trackie.com/online-registration/event/2023-tough-track-open/489795/#.ZEVjVXbMJPY>

5) NO late entries will be accepted

6) Seeded sections – Please submit **accurate seed performances**

7) All Relay Team members must be from the Same Club or School

AGE CLASSES FOR 2023: U12: BORN IN 2012 or Later

U14: BORN IN 2010 & 2011

U16: BORN IN 2008 & 2009

U18: BORN IN 2006 & 2007

U20: BORN IN 2004 & 2005

SENIOR: BORN IN 2003 & EARLIER

MASTERS: BORN IN 1988 & EARLIER

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TENTATIVE SCHEDULE EVENTS MAY RUN UP TO 10 MINUTES AHEAD OF SCHEDULE

**** The Final Schedule will be produced as soon as possible once all entries are received**

Saturday, May 27, 2023

TRACK

9:00 am 2000m Final (U14 & U16 Women)
9:15 am 2000m Final (U14 & U16 Men)
9:30 am 3000m Final (U18 & Older Women)
9:45 am 3000m Final (U18 & Older Men)
10:05 am 300m Final (U14 & U16 Women)
10:15 am 300m Final (U14 & U16 Men)
10:30 am 400m Final (U18 & Older Women)
10:40 am 400m Final (U18 & Older Men)
10:55 am 80m Final (U12 & U14 Women)
11:10 am 80m Final (U12 & U14 Men)
11:20 am 100m Final (U16 & Older Women)
11:35 am 100m Final (U16 & Older Men)
11:50 am 600m (U12 Women)
11:55 am 600m (U12 Men)
12:00 pm 800m (U14 & Older Women)
12:10 pm 800m (U14 & Older Men)

Lunch Break

1:00 pm 80m Hurdles (U14 & U16 Women)
1:05 pm 80m Hurdles (U14 Men)
1:10 pm 100m Hurdles (U18 & Older Women)
1:15 pm 100m Hurdles (U16 & U18 Men)
1:20 pm 110m Hurdles (U20 & Older Men)
1:30 pm 150m (U12 & U14 Women)
1:40 pm 150m (U12 & U14 Men)
1:50 pm 200m (U16 & Older Women)
2:05 pm 200m (U16 & Older Men)

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TRACK continued

2:25pm	1200m Final (U14 & U16 Women)
2:35pm	1200m Final (U14 & U16 Men)
2:45 pm	1500m Final (U18 & Older Women)
2:55 pm	1500m Final (U18 & Older Men)
3:10 pm	4 x 100m Final (Women)
3:20 pm	4 x 100m Final (Men)

FIELD

9:00 am	Shot Put (U12 & U14 Women & Men)
9:00 am	Standing Long Jump (U12 & U14 Men & Women)
9:30 am	Pole Vault (Men)
10:00 am	Women's Long Jump (All Women)
10:15 am	Shot Put (U16 & Older Women)
10:30 am	Ball Throw (U12 & U14 Men & Women)
11:00 am	Pole Vault (Women)
11:15 am	Shot Put (U16 & Older Men)
12:30 pm	Triple Jump (U16 & Older Men)
12:45 pm	Discus (Women)
1:00 pm	High jump (Men)
1:15 pm	Triple Jump (U16 & Older Women)
2:00 pm	Discus (Men)
2:00 pm	Long Jump (All Men)
2:30 pm	High Jump (All Women)